

grapes from California

Fresh Trail Mix

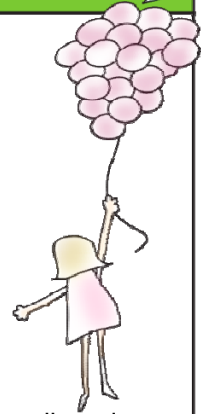
A kid-friendly snack with less than 200 calories per serving.

Ingredients

- 1 cup green, red, and/or black grapes
- 4 ounces reduced fat Jack or Cheddar cheese, diced
- ¼ cup almonds, peanuts, or sunflower seeds

Instructions: Combine the ingredients in resealable bags. Keep chilled until ready to serve. Makes four servings.

Nutrition (per serving): 190 calories, 13 g fat, 7 g saturated fat, 220 mg sodium, 10 g carbohydrate, 1 g fiber, 7 g sugar, 9 g protein



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